Warm up TGT 2
Drill 1 = 20 rds
Drill 2 = 20 rds
Drill 3 = 20 rds
Drill 4 = 15 rds
Total = 65 rds

1. 5 rds each, slow aim fire
2. Press outs x 10: 5 x 1 rd, 5 x 2 rds
3. One shot draws x 10, slow to fast
4. Reloads x 10: Draw, 1 shot, slide lock, reload, 1 shot

1 rd
2 rds
DOMINANT HAND
SUPPORT HAND
DOMINANT HAND
BOTH HANDS
5. Cadence Drill x 2:
5 rds each speed in appropriate circle for your ability
1 thousand, 2 thousand, 3 thousand, 4 thousand, 5 thousand.
1 and 2 and 3 and 4 and 5
1, 2, 3, 4, 5
12345

6. Throttle control Drill x 3:
Shoot each target w/ two rds in this order; T1, T2, T1, T3, T1, T4

Warm up TGT 2
Drill 1= 40 rds
Drill 2= 36 rds
Total= 76